

**Participants in Northampton Senior Services Programs & Services MUST have a NSS Scan Card**

Tues. June 2 - Mon. June 29	8:15 - 4:00	<b>Art Exhibit:</b> Izudin Lelic displays his photographs. Come view these wonderful pieces.
Mon. June 1	1:30 pm	<b>Healthy Eating &amp; Living: Free workshop</b> - Learn about good nutrition and get tips from the nutrition team at the Food Bank at this free nutrition workshop. Learn about healthy delicious meal and snack recipes, shopping and cooking for meals for one or two, reducing sugar, sodium, saturated fats and more! Door prizes.
Mon. June 1,8,15,22,29	1:30 pm	<b>Board Games Galore</b> - Each Monday afternoon play any of the games in the Senior Center's collection. Choices include popular favorites like Win, Lose or Draw, Scruples, Life, Sorry, Parcheesi and more. Participants are also welcome to bring their own favorite games to play. Games are open to both resident and non-resident seniors and are free of charge.
Tues. June 2,9,16,23,30	9:30 am	<b>Cup of Conversation</b> - Join other seniors for a cup of coffee, munchkins and good conversation in Mary's Bistro.
Tues. June 2,9,16,23,30	10:00 am	<b>Caregiver Support Group</b> - Join the <b>Jewish Family Service (JFS) Caregiver Support Group</b> . Meets on Tuesdays from 10:00-11:30 am at the Northampton Senior Center. A place to reduce caregiver isolation, receive support, explore relevant topics, discover resources, and share coping strategies. To register or for more information, please call Cathy Chandler, 413.455.1936 x104 or email c.chandler@jfswm.org
Tues. June 2	10:00 am	<b>PVTA Photo ID</b> : For disabled individuals and senior citizens with disability documentation required. Fee \$1.00.
Tues. June 2	10:00 am	<b>Free Blood Pressure Clinic:</b> Blood pressure screenings provided by Cooley-Dickinson Auxilliary nurses. Walk-ins welcome. Open to all Seniors.
Tues. June 2,9,16,23,30	1:00 pm	<b>Trivial Pursuit</b> - Each Tuesday afternoon, Trivial Pursuit will be set up to play. Many different editions available. Different sets of cards available including the All Star Sports Edition and Silver Screen Edition. Open to both resident and non-resident seniors and are free of charge.
Wed. June 3	9:15 am	<b>Veteran's Benefits Appointments:</b> Assistance with Veteran's Compensation and Pension benefits questions with Paul Neville. Appointments available.
Wed. June 3	12:00 pm	<b>Low Vision Support Group</b> - This support group meets on the first Wednesday of each month . Call Michele Dihlmann at 413-587-1226 for more information
Wed. June 3,10,17,24	1:00 pm	<b>Timeless Tunes</b> - Come sing with us through the years. Bring your voice Call 413-587-1228 for time and place
Thurs. June 4,11,18,25	12:30 pm	<b>SHINE</b> - By appointment only - Call 413-587-1228
Fri. June 5, 19	10:30 am	<b>Nutritional Outreach Program:</b> Must be an enrolled participant.
Fri. June 5	1:30 pm	<b>Photography Club meeting</b> - Come meet other camera enthusiasts and learn what is going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5./yr for residents \$10./yr non-residents.
Sat. June 6	9:00 - 12:00pm	<b>Shred Day Fundraiser</b> - Shred your documents for \$5.00/box or bag. No 3 ring binders, metal objects, etc. Call 413-587-1228 for more details
Tues. June 9	1:00 pm	<b>Strawberry Shortcake Celebration Sponsored by Highview of Northampton</b> - Strawberries are in season and National Strawberry Shortcake Day is coming up, so let's celebrate! Free to seniors age 55 and older with a scan card. Sign up by calling 413-587-1228 or stop by and see reception.
Tues. June 9	1:30 pm	<b>Financial Education Workshop: Legacy Planning</b> - This financial workshop titled "Securing a Legacy for the Next Generation," walks through the strategies that are involved to help you maximize what you leave to your children and grandchildren to strengthen the next generation. Presenter Christopher A. Casale has spent the past 33 years in the Banking and Financial Industry. He works with his clients helping them reach their financial goals using conservative Investment Strategies based on their specific objectives and time frames. Free to seniors age 55 and older.
Thurs. June 11	10:00 am	<b>Brown Bag:</b> Eligible participants <b>MUST pick up their bags by 11:00 am</b> . Bags cannot be held. Call the Food Bank at 413-247-9738 for applications and information.
Thurs. June 11,17	10:00 am	<b>Public Health Nurse</b> - The Public Health Nurse will be here to speak with anyone regarding health concerns, etc.
Thurs. June 11	1:00 pm	<b>Readers &amp; Thinkers</b> - Meets the second (2nd) Thursday of each month.
Thurs. June 11	1:30 pm	<b>NCOA Board Meeting</b> - Open to the public
Fri. June 12	9:00 am	<b>Benefits Counseling with Deb Hollingworth</b> - Benefits counseling services are essential for understanding how to complete multiple, complex and confusing applications. Deb is at the Senior Center to assist seniors to understand what is needed to secure benefits. Call for appointment.
Fri. June 12	10:00 am	<b>Haircuts by Kendra</b> - Beginning in June stylist and owner of Hair by Harlow, Kendra Kaczinski will be cutting hair at Northampton Senior Services. Haircut appointments will be available for Northampton resident senior men and women Please call for your appointment. Men and women should come with clean hair. This is a basic haircut. The stylist will spray your hair with a water bottle in order to cut it. Men's appointments from 10 -12 and Womens' from 12 - 2. MUST call for an appointment and have a scan card. Fee: Northampton senior men age 55 and older \$5 Northampton senior women age 55 and older \$8
Mon. June 15	1:30 pm	<b>Beginning Conversational Spanish</b> - A beginning conversational Spanish class focused on speaking, not on grammar Instructor Margaret Wheeler has a BA in Spanish and spent time studying and teaching in Madrid and Seville. A six week session begins June 15 and ends July 20. Fee: \$90 for Northampton seniors. \$95 for non-resident seniors and 55-59.
Mon. June 15	2:00 pm	<b>Meditation</b> - Meditation is a technique for training individuals to work with their minds, emotions, and their lives, directly, gently and honestly. If you have ever thought about trying meditation, this is a good time to check it out in an easy going, friendly environment. Class will focus on how to meditate and why people meditate. No previous experience is necessary, just a willingness to try something that can be extremely helpful in navigating your daily life and can enable you to make the most of your energy and time. There are many benefits for your mental and physical well being, for your ability to care for and work with others. Most importantly you can appreciate yourself and connect with your innate confidence that allows you to interact in the world from your heart.
Tues. June 16	5:00 pm	<b>Disability Commission</b> - Monthly meeting. Public invited.
Wed. June 17	9:30 am	<b>Benefits Counseling with Deb Hollingworth</b> - Benefits counseling services are essential for understanding how to complete multiple, complex and confusing applications. Deb is at the Senior Center to assist seniors to understand what is needed to secure benefits. Call for appointment.
Wed. June 17	9:30 am	<b>Foot Care Clinic with Dr. Coby:</b> By appointment. Fee. \$25.00
Wed. June 17	10:00 am	<b>Stroke: What is it? Are you at risk?</b> - Informational session presented by Lisa Steinbock, RN from the Public Health Department
Thurs. June 18,25	10:00 am	<b>Chair Volleyball</b> - Exercise your upper body muscles, sit down while doing it and enjoy the fun of chair volleyball. No experience necessary.
Thurs. June 18	10:00 am	<b>Father's/Men's Day "Hot Towel Shave"</b> - For Northampton senior men only with a scan card. Sponsored by Highview of Northampton. Sign up for a hot towel shave, followed by a cookout. Register early.
Tues. June 23	7:30 am	<b>"Connecticut Rail and Sail" Trips &amp; Travel</b> - Sign up for this wonderful tour - Cost \$102. per person - See reception for more details.
Tues. June 23	1:00 pm	<b>Watercolor Basics</b> - No experience necessary! This is a beginner's class on basic watercolor painting. Instructor EdiNelson Ramirez has won national awards in watercolors and acrylics and has instructed a variety of art classes. Six week session. The class fee is \$60. For Northampton seniors \$65. For non-resident seniors and 55-59. There is a class material fee of \$30. to be paid directly to the instructor at the first class.
Fri. June 26	10:00 am	<b>SNAP</b> - By appointment only
Mon. June 29	1:30 pm	<b>Monday Movie Madness - "Unbroken"</b> - Seniors age 55 and older join us for our monthly movie. No cost but donations are welcome.
Tues. June 30	11:30 am	<b>Centenarian Celebration</b> - A celebration of Northampton's own finest seniors who are celebrating their 100th birthday or are over 100 years young. By invitation.

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

June 2015

website: [www.northamptonma.gov/713/Council-on-Aging](http://www.northamptonma.gov/713/Council-on-Aging)

For more information  
please call 413-587-1228

**\*\* Indicates registration is required due to a minimum enrollment or new opportunity.**

**Monday June 1**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:00 Spanish/English Computer Tutor  
1:00 NeedleWorkshop  
1:30 Board Games  
1:30 Healthy Eating & Living:  
FREE workshop

**Tuesday June 2**

9:30 Cup of Conversation  
10:00 Caregiver Support Group\*  
10:00 Stretch & Tone  
10:00 Walking Group  
10:00 PVTa Photo ID  
10:00 Blood Pressure Clinic  
12:00 Spanish/English Computer Tutor  
12:30 Sewing Workshop  
1:00 Trivial Pursuit Tuesdays

**Wednesday June 3**

8:20 Dynamic Fitness DVD  
9:00 Beginning Digital Photography  
9:15 Veteran's Benefits Services  
9:30 Low Impact 1  
10:30 Low impact 2  
11:00 Int/Advanced Digital Photography  
11:30 Beginner Tap  
12:00 Low Vision  
12:30 Zumba Gold  
12:30 Cribbage  
1:00 Scrabble  
1:00 Timeless Tunes @ Linda Manor  
2:45 Feldenkrais

**Thursday June 4**

8:45 Strength & Stretch  
10:00 Stretch & Tone\*  
10:00 Wisdom Project  
10:00 Walking Group  
10:00 Knitting Drop In  
11:30 3rd year tap  
12:00 PC One on One Appts.  
12:30 2nd year tap  
12:30 SHINE- *By appt. only*  
1:00 Mahjongg  
1:30 Intermediate Tap  
1:30 BINGO  
2:45 Tai Chi\*

**Friday June 5**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Nutritional Outreach  
10:30 Low impact 2  
12:30 Open Senior Bowling at Canal Lanes  
1:00 Gentle Chair Yoga  
1:00 Photo Club  
1:30 Chess  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Yoga

**Saturday June 6**

**9:00 Shred Day Fundraiser**

**Monday June 8**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor

12:00 Spanish/English Computer Tutor  
1:00 NeedleWorkshop  
1:30 Contemplative Photography  
1:30 Board Game

**Tuesday June 9**

8:45 Strength & Stretch  
9:30 Cup of Conversation  
10:00 Public Health Nurse until 2:00 pm  
10:00 Caregiver Support Group\*  
10:00 Stretch & Tone  
10:00 Walking Group  
12:00 Spanish/English Computer Tutor  
12:30 Sewing Workshop  
1:00 Trivial Pursuit Tuesdays  
**1:00 Strawberry Shortcake Celebration sponsored by Highview**  
1:30 Financial Education Workshop: Legacy Planning

**Wednesday June 10**

8:20 Dynamic Fitness DVD  
9:00 Beginning Digital Photography  
9:30 Low Impact 1  
10:30 Low impact 2  
11:00 Int/Advanced Digital Photography  
11:30 Beginner Tap  
12:30 Cribbage  
12:30 Zumba Gold\*  
1:00 Scrabble  
1:00 Timeless Tunes @ WWII  
2:45 Feldenkrais

**Thursday June 11**

8:45 Strength & Stretch  
10:00 Stretch & Tone  
10:00 Wisdom Project  
10:00 Walking Group  
10:00 Knitting Drop In  
10:00 Brown Bag  
10:00 Public Health Nurse until 1:00 pm  
11:30 3rd year tap  
12:00 PC One on One Appts.  
12:30 2nd year tap  
12:30 SHINE- *By appt. only*  
1:00 Readers & Thinkers  
1:00 Mahjongg  
1:30 NCOA Board Meeting  
1:30 Intermediate Tap  
1:30 BINGO  
2:45 Tai Chi\*

**Friday June 12**

8:20 Dynamic Fitness DVD  
9:30 Benefits Counseling w/Deb Hollingworth  
9:30 Low Impact 1  
10:00 Haircuts by Kendra\*  
10:30 Low impact 2  
12:30 Open Senior Bowling at Canal Lanes  
1:00 Gentle Chair Yoga  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Yoga

**Monday June 15**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:00 Spanish/English Computer Tutor  
1:00 NeedleWorkshop  
1:30 Beginning Conversational Spanish\*

1:30 Board Games  
2:00 Meditation  
**Tuesday June 16**  
8:45 Strength & Stretch  
9:30 Cup of Conversation  
10:00 Caregiver Support Group\*  
10:00 Stretch & Tone\*  
10:00 Walking Group  
12:30 Sewing Workshop  
1:00 Trivial Pursuit Tuesdays  
5:00 Commission on Disability

**Wednesday June 17**

8:20 Dynamic Fitness DVD  
9:00 Beginning Digital Photography  
9:30 Benefits Counseling w/Deb Hollingworth  
9:30 Low Impact 1  
9:30 Foot Care Clinic  
10:00 Stroke: What is it? Are you at Risk? by Public Health Nurse  
10:30 Low impact 2  
11:00 Int/Advanced Digital Photography  
11:30 Beginner Tap\*  
12:30 Zumba Gold  
12:30 Cribbage  
1:00 Scrabble  
1:00 Timeless Tunes @ Lathrop  
2:45 Feldenkrais

**Thursday June 18**

8:45 Strength & Stretch  
10:00 Stretch & Tone  
10:00 Wisdom Project  
10:00 Walking Group  
10:00 Knitting Drop In  
10:00 Chair Volleyball  
**10:00 Father's Day: Sponsored by Highview\***  
11:30 3rd year tap  
12:00 PC One-on-One app  
12:30 2nd year tap  
12:30 SHINE- *By appt. only*  
1:00 Mahjongg  
1:30 Intermediate Tap  
1:30 BINGO  
2:45 Tai Chi\*

**Friday June 19**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Low impact 2  
10:30 Nutritional Outreach  
12:30 Open Senior Bowling at Canal Lanes  
1:00 Gentle Chair Yoga  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
1:30 Chess  
2:45 Yoga

**Monday June 22**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:00 Spanish/English Computer Tutor  
1:00 NeedleWorkshop  
1:30 Beginning Conversational Spanish – Second Session  
1:30 Board Games  
2:00 Meditation

**Tuesday June 23**

\*Connecticut Rail & Sail Trip \*  
9:30 Cup of Conversation  
10:00 Caregiver Support Group\*  
10:00 Stretch & Tone  
10:00 Walking Group

12:00 Spanish/English Computer Tutor  
12:30 Sewing Workshop  
1:00 Trivial Pursuit Tuesdays  
1:00 Watercolor Basics\*

**Wednesday June 24**

8:20 Dynamic Fitness DVD  
9:00 Beginning Digital Photography  
9:30 Low Impact 1  
10:30 Low impact 2  
10:30 PC one on one by appt  
11:00 Int/Advanced Digital Photography  
11:30 Beginner Tap\*  
12:30 Zumba Gold\*  
12:30 Cribbage  
1:00 Scrabble  
1:00 Timeless Tunes hosts  
Golden Moments  
2:45 Feldenkrais

**Thursday June 25**

8:45 Strength & Stretch  
10:00 Stretch & Tone\*  
10:00 Wisdom Project  
10:00 Walking Group  
10:00 Knitting Drop In  
10:00 Chair Volleyball  
11:30 3rd year tap  
12:00 PC one on one by appt  
12:30 2nd year tap  
12:30 SHINE- *By appt. only*  
1:00 Mahjongg  
1:30 Intermediate Tap  
1:30 BINGO

**Friday June 26**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 SNAP: by appt only  
10:30 Low impact 2  
12:30 Open Senior Bowling at Canal Lanes  
1:00 Gentle Chair Yoga  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Yoga

**Monday June 29**

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:30 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:00 Spanish/English Computer Tutor  
1:00 NeedleWorkshop  
1:30 Beginning Conversational Spanish – Third Session  
1:30 Board Games  
1:30 Movie Monday – “Unbroken”  
2:00 Meditation

**Tuesday June 30**

8:45 Strength & Stretch  
9:30 Cup of Conversation  
10:00 Caregiver Support Group  
10:00 Stretch & Tone\*  
10:00 Walking Group  
11:00 Centenarian Celebration  
12:00 Spanish/English Computer Tutor  
12:30 Sewing Workshop  
1:00 Trivial Pursuit Tuesdays  
1:00 Watercolor Basics – Second session

Remember everyone who participates at the Senior Center is required to get a scan card. Thank you!